

**KY TEACH PROJECT**

KY Commission for Children with Special Health Care Needs  
333 Waller Avenue, Suite 300  
Lexington, KY

Phone: 859-252-3170 or 800-817-3874  
Fax: 859-225-7155



**EMAIL US!**  
**kytransition@aol.com**

*Do you need help finding resources or services in  
your area? Here's a website that can help:  
[www.kycares.net](http://www.kycares.net)*

## Try this Yummy Halloween Recipe...

### Hauntingly Good Popcorn

**Ingredients:**

6 c Popped popcorn  
1/2 c Dried apple slices; cut  
1/2 c Dried cranberries  
1/4 c Raisins  
1/4 c Walnuts; chopped  
1 tb Brown sugar  
1 ts Pumpkin pie spice  
1/4 ts Ground cinnamon

**Directions:**

(Do not use air popped popcorn as seasonings will not stick to it) In large bowl, toss together popcorn, dried apples, dried cranberries, raisins and walnuts. In small bowl combine brown sugar, pumpkin spice and cinnamon. Add to popcorn mixture and toss until popcorn is coated!!



### **HALLOWEEN JOKE MATCH UP:**

*See if you can match the joke on the left with its punch line from the list on the right.*

- |  |   |
|--|---|
| 1. Why does the Mummy keep his Band-aids in the refrigerator?        | A. <i>Lazybones</i>                                   |
| 2. Why is the witch like a candle?                                   | B. <i>You can see right through him</i>               |
| 3. What do momma birds pass out on Halloween?                        | C. <i>Tweets</i>                                      |
| 4. What do you call a skeleton who refuses to help around the house? | D. <i>He wants to uses them later for cold cuts!!</i> |
| 5. How do you know if a ghost is lying?                              | E. <i>They are both wicked.</i>                       |

If you have a joke or riddle you would like to be featured in the next newsletter send it to:

KY TEACH PROJECT, 333 Waller Avenue, Suite 300, Lexington, KY 40504



**KY TEACH PROJECT**

# Independence

CCSHCN  
Fall, 2000

## Developing Good Study Habits

If you would like to be a successful student it is important that you develop good study habits. Here are some helpful tips that will aid you in improving your study skills.

- Decide what to study and how long or how many chapters, pages, or problems you will do. Set and stick to deadlines.
- Do difficult tasks first. (Do not procrastinate.)
- Have a special place to study. Take into consideration lighting, temperature, and availability of materials.
- Study 50 minutes, and then take a 10-minute break. Stretch, relax, have an energy snack.

- Allow longer time periods for organizing relationships and concepts, outlining, and writing papers. Use short intervals for rote memorization, review, and self-testing. Use odd moments for recall and review.

- If you get tired or bored switch activities, subjects, or environment. Stop studying when you are no longer productive.
- Do rote memory tasks and review, especially details, just before you fall asleep.
- Study with a friend. Quiz each other, compare notes and predict test questions.

This information is featured on this web site: <http://www.Unc.edu/depts/ucc/TenTraps.html>

**Kentucky  
Commission for CSHCN  
Regional Offices and  
Phone Numbers:**

**Ashland**  
800-650-1329  
**Barbourville**  
800-348-4279  
**Bowling Green**  
800-843-5877  
**Edgewood**  
888-542-4453  
**Elizabethtown**  
800-995-6982  
**Hazard**  
800-378-3357  
**Hopkinsville**  
800-727-9903  
**Lexington**  
800-817-3874  
**Louisville**  
800-232-1160  
**Morehead**  
800-928-3049  
**Owensboro**  
877-687-7038  
**Paducah**  
800-443-3651  
**Salyersville**  
800-594-7058  
**Somerset**  
800-525-4279

## SUCCESSFUL LIVING:

### Choosing The Perfect College

It is never too early to think about what type of college experience you would like to have. These are some details you should look at when choosing a college:

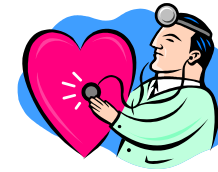
- **Type of institution.** Do you want to attend a vocational school, community college, two-year college, or a four-year university?
- **Location.** Would you like to live in a small town or urban area? Do you want to move away from home; if so how far? What type of climate do you prefer?
- **Size of the college and the classes.** Would you like to know everyone on campus or would you like to be known by your social security number? Are you more comfortable in a class with a small number of students or a class with about 250 students?
- **Academic programs.** Does this college offer the field you would like to major in? If you have not decided on a major, does the college offer a variety of choices?
- **Academic Standards.** What are the GPA and ACT/SAT requirements?
- **Cost and financial aid availability.** Can you afford the cost of education at this institution? What is the financial aid package the school is offering?
- **Disability Services.** Is the campus accessible? Are there services that assist people with disabilities? Are people with disabilities able to participate in extracurricular activities?

The way you can learn about what a college offers is to call the institution and request a catalog or view book, go to college fairs, search the internet, talk to your school counselor, and read books or magazines that feature that information.

Information can be found on <http://www.collegeplanning.org/ChooseCollege/ChosCllg.htm>

Information about \$\$\$ for college can be found on this web site [PowerStudents.com](http://www.PowerStudents.com)

## HEALTHY LIVING:



## What is an Eating Disorder?

Eating disorders are severe disturbances in eating habits associated with psychological issues such as depression and low self-esteem. These disorders are very common among teenage girls and are becoming more common among boys as well. There are several different types of eating disorders including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and obesity. Often, the person with an eating disorder has a distorted body image and does not like himself/herself very much. The eating disorder is a way of hiding other underlying issues and personal problems that are unrelated to weight. People with eating disorders may feel their lives are out of control, but their eating behavior is something over which they have total control. Eating disorders are very serious because they can cause physical damage to the body and possibly even cause death. Some signs and symptoms of eating disorders are:

- A dramatic weight loss or refusal to maintain normal body weight
- Saying you are fat, but are visibly underweight
- Repeatedly gaining and losing weight
- Intense fear of gaining weight or an intense preoccupation with weight loss
- In women, missed menstrual periods or amenorrhea (not getting a period at all)
- Eating very small portions
- Starvation to lose weight
- Making yourself vomit
- Bingeing (eating a great amount of food) or bingeing and purging (eating a lot, then throwing up)
- Eating in private (closet eating)
- Use of medications such as diet pills, laxatives, diuretics, enemas, or other substances to lose weight
- Excessive exercise
- Chewing and spitting out food, but not swallowing it
- Covering mirrors in one's living space
- An obsession with food preparation

If you, or someone you know, has an eating disorder, it is important to get help as soon as possible. Talk to a parent, teacher, school nurse or other trusted adult. Eating disorders are very serious and must be treated by medical professionals quickly before the damage done to the body becomes irreversible. If you would like to learn more about eating disorders and where you can go for help, call the Eating Disorders Awareness and Prevention hotline at 1-800-931-2237 or visit their website at <http://www.edap.org>.